

WHY VOLUNTEERING IN A LOCAL COELIAC YOUTH GROUP?

"Be the change you wish to see in the world"



WHAT CAN VOLUNTEERING GIVE TO YOU?

GAIN SELF CONFIDENCE

Volunteering helps improving your teamwork, leadership, problem-solving and people skills.

ENHANCE YOUR CV

Gain work experience in a young team, learn how to manage responsibilities and improve your soft skills.

NEW EXPERIENCES

You'll have a chance to experience different environments and situations, you'll expand your horizons.

NEW CONTACTS

You'll get to know the local community and will have more chances to socialise.

FEEL PART OF A TEAM

You won't feel like the "only coeliac" anymore, you'll also find new good friends!

TRAVEL

Sometimes volunteers have a chance to travel through their region, country or even Europe ... who knows what may come for you?

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WHAT CAN YOU GIVE TO A COELIAC YOUTH GROUP?

BRING NEW IDEAS

Coeliac associations need your ideas to keep up to the changing world!

CHANGE A COELIAC'S LIFE

Remember when you just received your diagnosis? Your support to a newly diagnosed coeliac can really help!

CONNECT WITH THE COELIAC WORLD

Learn what's going on with coeliac disease and help creating a stronger network.

ORGANISE THE EVENT OF YOUR DREAMS

You would so love to have a glutenfree brunch but no place in town does it? Together you can do it! Your local association will be there to support you.

MAKE A DIFFERENCE!

Raise awareness on coeliac disease and teach more people and venues to cook gluten-free.

OFFER YOUR SKILLS

Are you a computer expert, great with people, loving teaching or organising events? Go and use your skills for the coeliac world!